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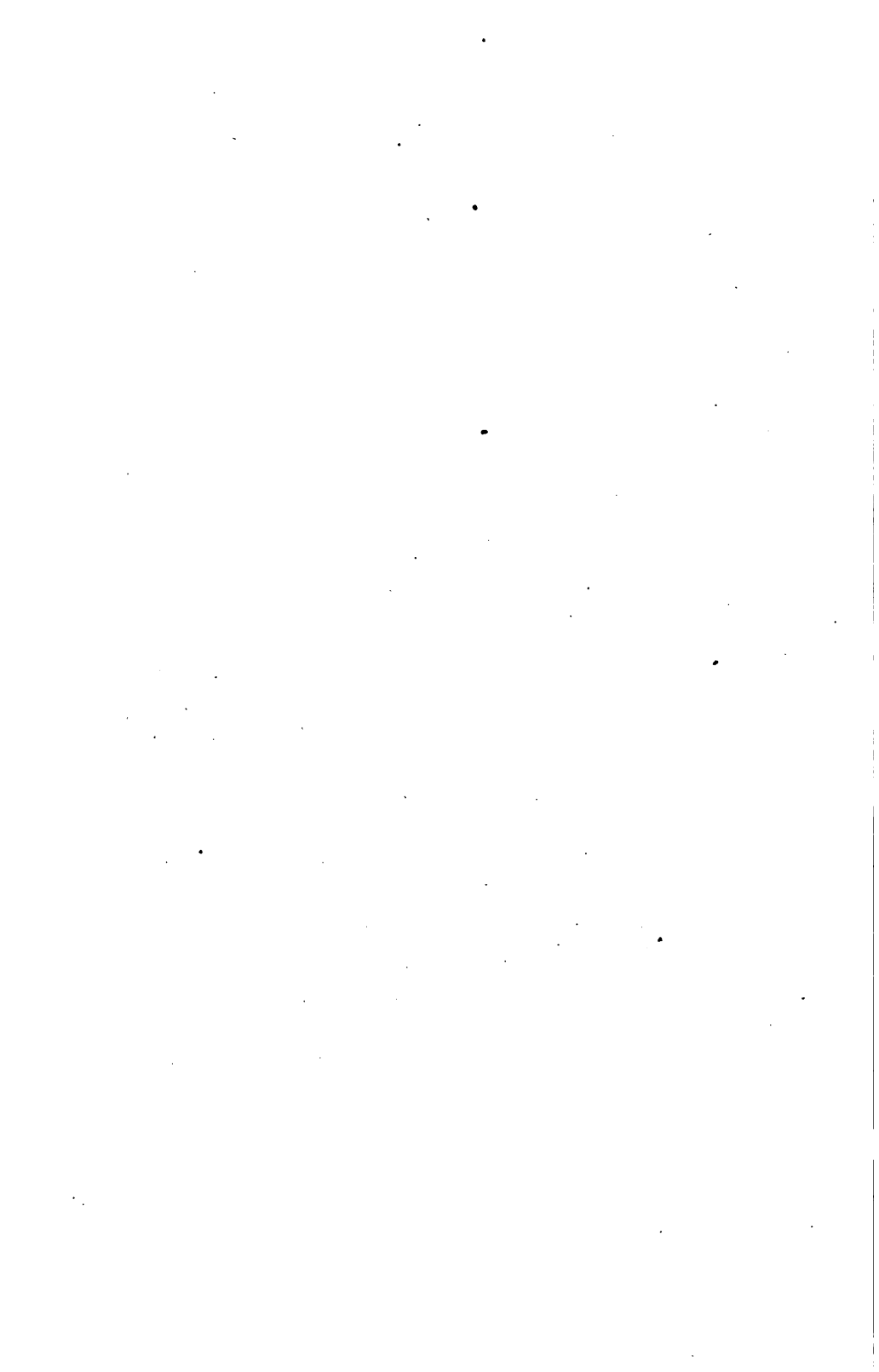
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DR MADDOCK
ON
CONSUMPTION
ASTHMA &c

47. 309.







EXTRACTS FROM REVIEWS

OF

DR. MADDOCK'S TREATISE ON DISEASES OF THE LUNGS AND HEART.

☛ The whole of the First and Second Editions of this Work were sold in less than Twelve Months.

"When we reflect upon the prevalence of pulmonary complaints, and the fatal termination which almost invariably follows them under the ordinary mode of treatment, we cannot but regard it as an incalculable boon to society, that a means should have been discovered, which in the early stages of consumption, almost without exception, effects a cure, and in the most advanced progress of the disease mitigates its ravages. . . . Though the inhaling of warm vapours has long been recommended, it has rarely been employed, and never till lately been reduced to what may be termed scientific practice. Of all men the professors of the medical art are the most determined opponents of every innovation. They regard every new discovery with as much alarm, as the orthodox in theology look upon heresy or schism. He must, indeed, be a bold man who propounds a new theory in medicine, or a new mode of treatment in the curative process. If he cannot quote Hippocrates in support of his principles, or if Celsus is silent on the subject, his views are disregarded, and probably his motives are impugned. Indeed, though the most indubitable proofs of the efficacy of a treatment differing somewhat from the prescribed formula of ordinary practice can be given, the great majority of the profession will rather doubt the testimony of their senses, than deviate an inch from the antiquated customs of their great-grandfathers. . . . We strongly advise the public to consult the work, for to every unbiassed reader the proofs Dr. Maddock adduces in favour of his practice must appear convincing."—*Atlas*, March 1st, 1845.

"The author is evidently a man of considerable professional acquirement, and great practical talent. There is also in the tone and manner of this work an evidence of modesty and sincerity. . . . The work is well calculated to clear away much of the mystery which unhappily prevails upon the subjects of which it treats."—*Sentinel*, June 29th, 1844.

"We have perused the doctor's treatise with considerable attention and much interest, and we can recommend it to the study of the profession, and to the attention of the community at large."—*Morning Post*, August 10th, 1844.

"This is a good practical work, and is accompanied with cases, and a very clear and able account of the Author's successful mode of treating them."—*Bell's Weekly Messenger*, June 13th, 1844.

"Dr. Maddock makes out a most decided and satisfactory case in favour of his mode of treatment."—*Weekly Chronicle*, July 14th, 1844.

"We most earnestly recommend its perusal to everybody concerned in the treatment, or in fear of these complaints, either for themselves or their friends."—*Era*, June 23rd, 1844.

"We can strongly recommend Dr. Maddock's work to the attention of our readers. It is written in a plain, unpretending style; yet every page abounds with interesting information. It ought to be in the hands of every one who is predisposed to, or labouring under the diseases upon which it treats."—*Weekly London Newspaper*, May 26th, 1844.

"We trust that the work will call the attention of the profession to the important subject of inhalation, which has been so unaccountably neglected. . . . Dr. Maddock has treated this class of disease with circumspection, and has produced a book of great value."—*Weekly Dispatch*, October 6th, 1844.

"The dreadful malady of consumption—an affection which almost imperceptibly steals upon an individual, until he is eventually prostrated by it, would seem to have found a remedy in the author's treatment, which it would be well for those in any way subject to it, to embrace."—*Pictorial Times*, February 21st, 1844.

"We recommend its perusal in the first place to the afflicted, who will probably derive from it some well-grounded hope of restoration to health; and, in the second place, to the student and matter-of-factist, who will collect some information from its pages, which may be useful to the practitioner, or gratifying to the philosopher."—*Herald*, October 18th, 1844.

"We cannot but regard Dr. Maddock's work as one of the most important, in point of sound practical information, that has ever issued from the press."—*Blackwood's Lady's Magazine*, September, 1844.

"His views are stated calmly and lucidly, and with them we entirely coincide."—*Age*, January 25th, 1844.

"Dr. Maddock's treatment is founded on a rational theory, and the practical results of it are most gratifying."—*Critic*, February 15th, 1844.

"The work will well repay perusal; and should not be neglected by heads of families, any member of which is suffering under either of these complaints."—*Tablet*, February 8th, 1845.

"Dr. Maddock is the son of the late Henry Maddock, Esq., the well-known barrister, and promises to rise in his own profession in as eminent a degree as his parent. . . . The system (inhalation) proposed by Dr. Maddock, certainly must appear to every being of common sense, as the most effectual method of applying a remedy to a portion of the system which cannot be directly reached by medicine itself. . . . We recommend our readers to purchase the work."—*Wesleyan Chronicle*, February 19th, 1845.

"This volume is the production of an intelligent, practical man, and it is no more than an act of justice to the writer, to say, that, without the delusive promises of quackery, he holds out a more cheering and well-founded hope of recovery, than almost any of his professional brethren."—*Naval and Military Gazette*, February 22nd, 1845.

"We have deemed it our duty to notice, and second the endeavours of the author, in extending and making known his mode of treatment; for it is impossible not to believe that it is particularly applicable in these complaints."—*Literary Gazette*, April 26th, 1845.

"As the production of a skilful and successful physician, this treatise merits an attentive and heedful perusal."—*Indian Review*, March, 1845.

"We strongly recommend to all who are suffering from any chest affection, an attentive perusal of this volume, and an application, under the direction of the author, of the remedies it develops."—*John Bull*, May 31st, 1845.

"The facts in question are so consoling, so important, and, what is yet more to the purpose; carry with them such marks of candour and authenticity, as to present eminent claims to the patient attention of the profession and the public. We are persuaded, in recommending a perusal of this volume, we are aiding in the dissemination of a mode of practice capable of affording admirable results."—*Family Journal*, June 22nd, 1844.

"Dr. Maddock has rendered an essential service to medical science, by the publication of this important and interesting work."—*Court Gazette*, November 6th, 1844.

"The insidious and fatal disease, consumption, of which Dr. Maddock more particularly writes, is one whose terrible inflictions have rendered desolate so many thousands of happy homes; have laid low so many warm hearts and bright prospects; banished hope from our path, and aim from our life—a disease so all-prevailing, that its slightest symptom is at once our first and worst dread—such a disease, we say, forms so fearful a scourge that we should be inaccessible to the dictates of common humanity, did we not avail ourselves of every opportunity to direct attention to any circumstance offering the slightest probability of alleviating, in however minute a degree, its dire inflictions. It is precisely with these feelings that we notice this important and interesting work. Dr. Maddock pretends to the discovery of no new principle, to the invention of no 'royal road' to the victory over the insidious enemy he combats; he simply endeavours to show by reasoning, supported by facts, furnished by his own professional experience, that consumption is *curative* in certain stages, and that, under any circumstances, it is capable of alleviation by a judicious system of 'Medicated Inhalations'—and it certainly appears to us that the plan of treatment is founded on plain, sure, and intelligible grounds. The volume before us seems to be written under a sincere conviction of the truth of the principles it asserts, and with an earnest desire for the mitigation of the evils of which it treats. Fully participating in so humane a motive, we gladly lend our columns, in order to attract the attention of all those who may be unfortunately interested in such a subject. Should the system it advocates fail of the full and complete success aimed at, the fatal termination that now so often—may it not be said almost invariably—distinguishes consumptive cases, will surely be held sufficient ground for the endeavour to avail oneself of every possible expedient which enlarged experience offers to notice, or which medical skill, excited by the failure of old and long-tried systems, may strive to discover in new."—*Sussex Advertiser*, September 30th, 1845.

"But very few years since, medical science was a 'sealed book' to all but its professors, by whom it was as jealously guarded from the public eye, as were the mystic secrets of the Egyptian priesthood from the priest-ridden people. In place of these we have now intelligent and persevering men, gaining medical knowledge, and as eagerly diffusing it among those who trust their lives in their hands; claiming only the superiority which is acquired by exclusive attention and constant practice. And this enlightened policy is fully repaid by the increased confidence which the public place upon really talented men. Of this class is the author of the work before us, a work written with the best feeling which should actuate a medical man, a sincere desire to alleviate the miseries of his fellow-creatures, second only to exertions for his own ho-

nourable maintenance. The very clear exposition of the symptoms of incipient consumption, the steps necessary to resist its insidious encroachments, and the very powerful, though much neglected remedies suggested for assisting it, altogether contained in this interesting treatise, renders it a most desirable acquisition to every person or family in whom there is any hereditary tendency to phthisis."—*Liverpool Chronicle*, September 13th, 1845.

"This is a most valuable contribution to the medical literature of this country, and reflects much credit upon the author."—*Brighton Guardian*, September 10, 1845.

"We recommend the work to our readers, as it appears to be fully matured, clearly written, and entirely divested of any quackery or self-seeking tendency. The work well deserves perusal, and the practice, as far as our knowledge and experience extends, will repay not only a serious consideration, but a patient trial of its merits."—*Medical Journal*, December 13th, 1845.

"This is one of the most interesting and valuable contributions to pathology recently issued from the press, and commends itself to the serious attention of the British reader, by its masterly delineation of that fatal disease which ravages our island and proves so destructive of its youth, its bloom, its beauty. From the frequent and sudden changes in our temperature, from the humidity and fogs which occur in the vernal and autumnal seasons—pulmonary affections constitute the greater portion of our maladies. The graphic description in this able book, and the treatment pointed out, at once novel, ingenious, and natural, together with the proofs adduced of its efficacy and success, induce us to hope that the philanthropic labours of its author may be duly appreciated, and produce those satisfactory results which it seems to us reasonable to anticipate."—*Hampshire Telegraph*, November 1st, 1845.

"This work is entitled not only to general attention, but also to the particular regard of the medical profession, as well as that of the suffering community."—*Reading Mercury*, September 27th, 1845.

"The great importance of the question to the many who suffer in various degrees from these distressing complaints, will, no doubt, create for this interesting and able work, a great degree of interest, which the high and well-earned reputation of the author will tend much to enhance."—*Exeter Gazette*, September 27th, 1845.

"Dr. Maddock, in his recently published work, states 'that a multitude of facts have convinced him, that pulmonary affections may be frequently cured by the local application of remedies to the seat of disease.' The process by which the medicines are conveyed into the air passages and lungs, consists in breathing through a tube attached to a small, portable inhaler; the vapour, which arises from various medicated fluids, the nature and best mode of using which are very fully explained in the treatise. The act of inhalation is unattended with the least risk or inconvenience; and it is evident that when medicaments are thus introduced into the system, they come in direct contact with the breathing tubes, and the whole of the aerial cavity of the lungs, and thus escape the many and varied changes produced upon them when introduced into the stomach, and subjected to the process of digestion. There can be no doubt that the practice of inhalation is founded upon correct principles; and we are led to believe that it will form a *new era* in the treatment of affections of the throat, air tubes, and lungs, and be the means of staying the mighty havoc which the diseases make in the domestic circles of the mother country."—*Adelaide Observer* (South Australia), April 19th, 1845.

"That inhalation is beneficial and curative, must be admitted by all practitioners who have courage and honesty. That it has softened and soothed the

path to the grave in those who were rendered incurable by neglect; that in incipient consumption it has restored health and saved life, are facts which no pathologist will deny. We have received great information from this work—information which we assure our readers is of the first moment to the great human family; and we should be neglecting our duty if we did not urge upon all classes, unprofessional and professional, to peruse it.”—*Literary Journal*, August 10th, 1844.

“We are by no means astonished that this work should have arrived at a third edition, as it is written in a style that will recommend it to the general reader, as well as the professional man, and is full of matter bearing upon the feasibility of the treatment recommended. The author strengthens his position by reference to many celebrated physicians; and gives cases that cannot leave a doubt upon the minds of any that his recommendations will be found to be useful. He does not pretend to be amongst those who would say that no case of consumption is incurable; but he raises up in the mind of the reader, by fair means, the conviction that the number of those who are annually carried off by that fearful disease, may be very sensibly diminished. We think that no one can rise from its perusal without being satisfied that it is the work of a practical and experienced man; and that it ought, for the sake of those who suffer from consumption, asthma, or bronchitis, to be brought into extensive circulation. It is, in the strictest sense of the term, a valuable work.”—*Oxford University Herald*, November 7th, 1846.

“The reputation of Dr. Maddock, standing high as it does among the faculty, will experience no slight access of honour among his professional brethren, from the very lucid views he has disclosed, in connection with a train of valuable facts adduced in their corroboration; and the public generally will peruse with convinced judgment, and grateful approbation, one of the best expositions of the mode of baffling a mischievous, but certainly not, in many cases, a cureless malady, which has hitherto appeared.”—*Taunton Courier*, February 4th, 1846.

“It would be absurd to deny the fact, that diseases of the lungs and heart have been amongst the chief difficulties of the faculty; and comparatively few have been able to give the subject adequate attention, or to make the experiments necessary to enable them to discover anything in the shape of a cure. Too long have they been in the habit of regarding this class of diseases beyond the reach of medical art; and many a patient has sunk slowly and silently into the grave, who might have been saved by greater skill and knowledge. . . . The cases appended to this volume clearly show that some of the author's patients, who were, under his care, restored to perfect health, would, but for their fortunate application to him, have been allowed to perish from what was mistakenly considered an incurable disease. . . . We have no doubt that the book will be extensively read, and that it will be the means of saving many a home from the desolation of having its fairest and frailest inmate death-stricken in the bloom of youth and beauty.”—*Hertford Mercury*, January 23rd, 1847.

“The treatment is evidently based upon very sound principles.”—*Essex Standard*, February 20th, 1847.

“The work has the character of disinterested integrity in every page. The remedies suggested may be tried with the greatest ease, safety, and benefit. We feel pretty sure that none so afflicted will read the book without being induced to make the trial.”—*Bath Journal*, October 10th, 1846.

“So there is hope for the consumptive, who have now to choose between a system which only lengthens their lives without eradicating the disease, and one which offers the prospect of entire and perfect recovery. We think there

ought to be no hesitation in the choice: the one is certain death, the other possible restoration to health; the one a certain evil, the other an uncertain though probable good; the one nothingness, the other at least something."—*Kentish Independent*, October 10th, 1846.

"It is perfectly evident that the author is a man of much practical experience and ability; his arguments are very reasonable, and his proofs, in the shape of cases, give them weight and authority."—*Maidstone Journal*, March 31st, 1847.

"We believe in the efficacy of the plan laid down, inasmuch as we have known several persons most materially relieved by it, who exhibited all the symptoms of consumption."—*Nottingham Review*, February 27th, 1846.

"A most interesting and convincing work. We fully believe, with the author, that the greatest possible mischief often arises from drenching the stomach with remedies, when the lungs only are diseased. Inhalation is the only safe mode of treatment in these cases."—*Sheffield Iris*, Nov. 12th, 1846.

"The work has reached a third edition; a success due as well to the nature of its contents, as to the fearful importance of the maladies of which it treats; and its perusal undoubtedly suggests a wish that the remedies which it advocates were more extensively tried."—*Douglas Jerrold's Newspaper*, November 21st, 1846.

"It is a notorious fact, that by the inhalation of certain noxious vapours injury is inflicted on the lungs,—why, then, should not vapours of another character have a beneficial effect upon the same parts? We admire the book for the simplicity of the treatment it prescribes, as well as the novelty of the practice."—*Bedford Times*, October 31st, 1846.

"The main object in view is to elucidate the beneficial effects of direct local applications, under medical superintendence, in every complaint affecting the chest; and the cases in which the practice has been pre-eminently successful are so striking and remarkable, that not only the general reader, but the medical professor, will gratefully acknowledge the benefit conferred upon the human creation by the diligent researches and investigations of the talented author."—*Kentish Gazette*, March 31st, 1846.

"A variety of interesting cases are appended to this treatise, which has now reached the second edition, incontrovertibly showing the efficacy of the practice adopted by the author; and, being a gentleman of some years standing in the profession, and of high attainments, and personal respectability, these instances of the successful results of his valuable and judicious treatment, are well worthy of serious consideration by all persons interested in this particular class of diseases."—*Weekly London Newspaper*, February 2nd, 1845.

"The style is clear, forcible, and earnest; the information curious and exact, and the remedies recommended are singularly appropriate."—*Hull Advertiser*, November 13th, 1846.

"The perusal of this interesting volume has convinced us that, however we have been accustomed to consider consumption as incurable, yet if, under skilful advice and superintendence, the author's treatment be adopted before the disease has made too great inroads on the constitution, that it may be arrested in its course, and its victims—often the fairest and brightest portion of our population—be spared to be the ornaments of society."—*Dorset County Chronicle*, September 10th, 1846.

CASES
OF
PULMONARY CONSUMPTION,
BRONCHITIS, ASTHMA, CHRONIC COUGH,
AND VARIOUS
DISEASES OF THE LUNGS,
AIR-PASSAGES, THROAT, AND HEART,
SUCCESSFULLY TREATED BY
MEDICATED INHALATIONS.

BY
ALFRED BEAUMONT MADDOCK, M.D.

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ADVERTISEMENT.

THE very flattering reception of my former treatise (now in the third edition) upon the efficacy of Medicated Inhalations in Diseases of the Chest—joined to an ardent desire to do all in my power to alleviate the sufferings of my fellow-creatures, and to contribute to the advancement of medical science—has induced me to publish the following cases and remarks in a separate and cheap form; by that means making still more extensively known a plan of treatment which experience has proved to possess the utmost efficacy.

A. B. M.

22 HARLEY STREET,
CAVENDISH SQUARE.

ON

MEDICATED INHALATIONS

IN

AFFECTIONS OF THE CHEST.

FROM the earliest ages, Consumption, and the numerous other diseases to which the lungs and breathing tubes are subject, have engaged the attention, and prompted the unremitting study, of medical writers of the greatest eminence—many learned disquisitions have been penned upon the pathology and diagnosis of those complaints—but when the subject of *treatment* has been entered upon, the tone has invariably been hopeless and desponding.

The utmost variety of opinion has been expressed as to the probable, or rather possible, efficacy of the different remedies which have from time to time been suggested—remedies which, we fear, it must be admitted have hitherto done but little to advance the reputation of the profession, or to lessen the amount of human suffering and mortality. “If,” says Dr. Paris, “we turn to the pages of Etius or Celsus, and contrast their methods of treatment with those of the present times, we shall have no cause, perhaps, to

boast of our superiority." And Sir James Clarke observes, "We have no reason to believe that the physicians of the present day are more successful than their predecessors were ten, nay twenty, centuries ago." Indeed, the impression now entertained, both by the profession and the public, appears to be, that consumption is certain death; and thus the well-known sarcasm of the great Samuel Johnson is nearly realized, that "Physic is but a meditation upon death."

The warm and genial atmosphere of the coast of Devon, the milder air of southern climes, the renovating breezes of the sloping hills of Madeira, are the sole remedies recommended by the great mass of practitioners of the present day, and are still resorted to by most of those patients who can afford it. Nature has been left, nearly unassisted, to do the work of the physician. But what has been the result? The transportation may fan the flickering flame of life and reanimate the system, as a tender plant may suddenly revive when removed from the chilly vicissitudes of the open air and transferred to the hothouse, and the disease has often been alleviated. The trifling diminution of positive physical suffering and inconvenience which has thus been produced, ought not to be overlooked; but no *cure* has been effected,—the snake has been "scotched, not killed;" and, although life may be prolonged in the delicious atmosphere of some foreign climate, yet the death which almost invariably ensues is a premature one. Expense has been useless, and expatriation unavailing. But when we contemplate the case of those who cannot afford even the poor and uncertain, though expensive, experiment of a removal from home and

country, how infinitely more fearful and hopeless is their case!

As evidence of the prevalence of pulmonary disease, we may mention that the bills of mortality show that, upon an average, 8,000 persons in the metropolis, and about 60,000 in the United Kingdom, annually fall victims to this scourge of our species.

When we reflect upon these fearful truths, and the impossibility, under the ordinary treatment, of curing, or even staying the progress of, this mighty disease (whose terrible inflictions have rendered desolate so many thousands of happy homes, and whose ravages have rather increased than diminished with the advance of civilization and luxury), we may fairly presume that any remedial means calculated to avert the fatal termination of this destroyer of our fellow-creatures will be hailed as an invaluable boon; and that individual must indeed be inaccessible to the dictates of humanity, who does not embrace every opportunity of directing attention to any circumstance, or mode of treatment, which may be calculated to accomplish that important object.

Endued with these feelings, it is a source of unmingled satisfaction and pleasure to us (the intensity of which no language can accurately express) to be able confidently to assure the public, and the profession, that there is now a well grounded hope of recovery for the afflicted, and that consumption is no longer to be considered beyond the reach of the medical art—as the *opprobrium artis medicinæ*. Science has at length fairly grappled with this inveterate enemy to mankind, and has triumphed. We shall incon-

trovertibly show, not by theoretical speculations, but by facts furnished by the experience of highly talented practitioners and of ourselves, that pulmonary consumption, in certain stages of the disease, is positively curable, and that under the most adverse circumstances it is possible to afford extraordinary alleviation of suffering by a judicious use of medicated inhalations.

At the same time it is proper to remark that we disclaim any pretension to actual novelty in the advocacy of this simple and efficacious remedy. It has been said that knowledge is a circle in motion, the same things every now and then turning up and down in the revolutions of time. Inhalation bids fair to share this common fate, for, as we have shown in our former treatises, it was practised by the ancients, in whose hands it failed, not because it was wrong, but partly because an improper mode of administration was adopted, partly on account of its being resorted to at improper stages of the disease, and chiefly from the absence of the necessary curative properties in the vapours which were used. The system was a right one, but it was improperly applied. The chief difference between the ancient system and that recommended in these pages will be found to consist in a simplification and improvement of the old mode of exhibition and the adoption of new and important remedies, discovered by modern science. In all other respects, with these exceptions, we have the same intentions, and we follow the same views, as were entertained by our forefathers.

But while we confidently assert that consumption may be cured, let it not be supposed that we regard inhalation as a catholicon, possessed of the power of overcoming the

disease in every stage, and under all circumstances. We are too well aware of the extreme danger always attending this malady to advance such a statement, which would be contrary to the results of our experience and inimical to the cause of truth. We fully admit the formidable character of pulmonary disease, and the utter uselessness, in very many instances, of the best directed efforts to oppose its progress; but, surely, occasional failures cannot be used as an argument against our mode of treatment, inasmuch as all remedial means so frequently fail in complaints affecting the liver, stomach, womb, kidney, and other organs, with the proper treatment of which the members of the profession generally are well acquainted.

The *rationale* of inhalation is exceedingly simple; indeed, nothing can be more simple; and it will be at once evident to *any* person who will give the matter one minute's consideration, that this plan of treatment is based upon strictly scientific and correct principles,—for it requires no professional learning to perceive that, from the relative position of the stomach and lungs, remedies must necessarily be more effective in diseases of the lungs, when introduced into the whole of the aërial cavity of those organs, than when exhibited through the stomach, where they must undergo great and unknown changes, from the process of digestion, &c., and can only reach the seat of disease by means of the circulation.

But, in order to prevent any misconception on the matter, we deem it expedient in this place explicitly to state that, although we are no advocates for *drenching* the system with powerful and uncertain medicines, we do not *entirely*

discard those in general use, many of which, with due caution and circumspection, may be occasionally employed as auxiliaries to inhalation,—regard being paid to the varied symptoms and constitution of the patient,—with the greatest benefit. We say *caution*, for it is indubitable that many medicines which are commonly administered in these cases for suppressing coughs, &c., are with difficulty acted on by the stomach, and produce irritation of the lining membrane of that organ, and, as Andral, Larroque, Johnson, and others besides ourselves have observed, thus do irreparable mischief to the system generally; for the injurious effects of the remedies frequently not only destroy the stomach and all that was previously sound, but actually increase the cough and pectoral suffering they are intended to alleviate.

Since the publication of our last treatise on inhalation, we have had the happiness of curing, or materially relieving, many hundred cases, in almost all of which other means had entirely failed. We have thus had abundant opportunities of further testing the value of the treatment we advocate, and are now more than justified in stating that, in the hands of the skilful and experienced practitioner, inhalation is a highly efficacious mode of practice; *that it is unattended by the slightest risk, inconvenience, or un-comfortableness; that it produces no injurious effects upon the stomach* (not interfering in the least degree with diet or digestion) *or the general constitution; and that it may be employed with advantage in all ages, upon all constitutions, and at all times and seasons.*

If inhalation has not succeeded in the hands of the

prejudiced and *inexperienced* practitioner—for it is a law of nature that whatever is greatly valuable in its use, must be proportionately mischievous in its abuse—the failure must not, in common justice, be attributed to the inefficiency of the system, but to the right causes—to inexperience, to a want of perseverance in this *modus medendi*, and an absence of discrimination and skill in the selection of proper cases, and to an incorrect adaptation of the remedies employed to the existing condition of the system and stage of the disease. In almost every instance that has come to our knowledge of the failure of the practice, it has arisen from either of these circumstances.

No doubt much of our own success has resulted from our constant study and treatment of these particular diseases. The division of labour and attention in the treatment of the various diseases to which humanity is liable has always been regarded as highly advantageous to the public and essential to the advancement of medical science; for we are informed by Herodotus that in ancient Egypt a special practitioner was employed for almost every complaint; at which we cannot be surprised when we recollect the multiplicity of diseases which usually occupy and bewilder the mind of the practitioner, furnishing by far too wide a field ever to be satisfactorily occupied by any individual, whatever may be his talents or attainments. Besides which, the anxiety displayed by those who have successfully practised inhalation, and the particular care and perseverance in conducting the process, and duly watching and regulating its effects, will frequently cause it to succeed, when it would fail under less careful management.

We rejoice for the sake of suffering humanity that of late years we have gained the approbation of a vast number of the most gifted medical men in the United Kingdom, from whom we formerly met with a share of that opposition which almost every new invention or mode of treatment, however valuable, has been fated to encounter; and we cannot but feel extremely gratified that the opinions we have so long held upon the merits of inhalation should at length be more fully supported by our medical brethren, and that the spirit which of old incited bigotry to the persecution of philosophy is rapidly declining.

But, perhaps, it is as well there should be these drawbacks, for there is a pleasure great and supporting in the pursuit of a worthy object amid such elements of discouragement and depression. The opposition, too, which a new idea is certain to meet with serves to prevent hasty and ill-considered attempts at innovation, to keep back all but those who are fully convinced of the truth of their doctrines and earnest and sincere in their advocacy, and at the same time it prepares no inconsiderable portion of the reward of the man who has the courage to differ from established theories and unsound maxims, for he is ultimately both cheered and soothed by the recollection of trampling over past obstacles and difficulties, and his value is more justly estimated when his opinions are eventually received as truths, and are, as they must be, appreciated in direct proportion to the scepticism and distrust with which they were at first looked upon. Ignorance and scepticism are, indeed, the foils which set off knowledge and perseverance. •

The decided curative powers of medicated inhalations we now consider as too well established to be disputed; and those readers who are unfortunately labouring under any affection of the respiratory organs will do well to consider whether they should sacrifice their health, or possibly their lives, to the ordinary "do-nothing" system, while there is so great a probability of this method, when properly applied, effecting a speedy and permanent recovery.

It is not only in Pulmonary Consumption that inhalation is available; it is equally valuable in Bronchitis, Asthma, Croup, Chronic, Nervous, and Spasmodic Cough, Inflammatory or Sore Throat, or in any acute or chronic complaint affecting the mucous membrane of the throat, air passages, or substance of the lungs. It is also highly beneficial in many complaints of the Heart.

THE METHOD OF INHALING

Is exceedingly simple ; indeed, nothing can be more so. The patient is provided with a small portable apparatus, called an "Inhaler," into which is poured a certain quantity of warm water. The remedies are then added and mixed with the fluid, and the medicated vapour is inhaled through a tube of large diameter.

It is necessary that the inhaler should be so constructed that respiration may be perfectly and efficiently performed. The instruments in ordinary use are most defective in this respect, and should on no account be employed, for we have seen much injury done by the continued *effort* which they render necessary to carry on respiration. The apparatus which we employ does not necessitate the *slightest exertion or fatigue*, and may be used by the most enfeebled patients, no more effort being required than in ordinary breathing. While using the inhaler, it may be placed upon the table or the couch, and raised to the required height on a book, or in any other way that may be convenient.

During inhalation the teeth should remain a very little apart, and the mouthpiece being gently pressed around the lips; the vapour should be breathed by the mouth, and the air exhaled through the nostrils.

The temperature of the fluid with which the remedies

are mixed should be regulated (according to the nature and stage of the disease), and with great care and judgment, and should vary from 80° to 140° Fah. When the patient is occupied out of doors, or in any way exposed to the vicissitudes of the weather, the heat of the fluid should not exceed, in any instance, 120° , the vapour of which when inhaled will not be above the *natural* heat of the surfaces to which it is applied. Attention to this point will prevent the slightest chance of producing any susceptibility to cold, which can only arise from inhalation when these considerations are disregarded.

In acute cases, when the symptoms are alarming and urgent, it may be necessary that inhalation should be used every four or five hours; but in ordinary chronic cases we usually recommend it to be employed once or twice a day.

It is necessary to explain to patients commencing the treatment the proper times for inhaling, for otherwise they are often tempted by the soothing and delightful sensations produced upon the irritated or painful chest (which, indeed, cannot be imagined by those who have not felt them), to have recourse to it too often, and cannot easily be persuaded to lay it aside when no longer necessary.

CASES.

IN the practice of medicine, a few incontrovertible *facts*, which are the only basis of accurate knowledge, are worth a thousand *theories* or *conjectures*; the latter, when unsupported by evidence, are found to be but of little avail in the day of trial. The following cases have therefore been extracted from the author's minute book, as *positive testimony* of the efficacy of medicated inhalation in the treatment of diseases of the lungs, air passages, and heart.

We might have adduced a vast number of conclusive proofs of the success of this treatment, but we have a great aversion to a parade of cases, and have therefore chiefly confined ourselves to the narration of those instances of cure, which have already appeared in our former treatises on this subject, and which have been tested by the lapse of time.

CASE I.—CONSUMPTION.

A gentleman requested me to see one of his sons on May 2nd, 1836. The boy was about thirteen years of age, of a fair complexion, and scrofulous diathesis. He had suffered for some months from constant pain, and a feeling of restraint over the chest; palpitations; distressing cough, attended with copious expectoration of puriform matter, occasionally tinged with blood; disrelish for food; great

debility; night perspirations; breathing 30; animal heat 97° (ascertained by the bulb of a properly constructed thermometer being placed under the tongue); the pulse usually beyond 100. These symptoms, which had been treated in a manner calculated to exhaust his general power—as by low diet, leeches, blisters, expectorants, &c.—appearing to become rather aggravated than relieved, my advice was sought. The complaint, it appeared, originated with spitting of blood, which occurred to the amount of about three ounces, and continued in smaller quantities for a few days, and then ceased altogether. On examining the chest by the stethoscope, and by percussion, I detected well-marked pectoriloquism, and dulness at the right collar-bone, with a gurgling noise and a cavernous ring on coughing, extending downwards to the fourth rib; at the left side the respiration was imperfect, and percussion elicited a dull sound over the clavicular and sub-clavicular region, and posteriorly on the opposite part of the same side. The heart gave no abnormal indications, though its motions were accelerated and irregular. The former medical attendant pronounced the child to have tubercles, and that the ulcerative process had commenced, and considered his recovery as hopeless. I coincided with this gentleman in his diagnosis, but not in his prognosis, or treatment. I directed that the patient should inhale chlorine and belladonna at a temperature of 120° , and take a mixture composed of sulphate of quinine and steel, with light and nutritious diet. This plan was attentively followed up, and with such success, that, in twelve days, the respiration was more natural, the cough much less troublesome,

the appearance of the sputum greatly improved, and the night perspirations lessened. In another twelve days the results were still more satisfactory: the circulation became fuller and firmer, the surface more florid, the spirits improved; and the severity of the cough and local symptoms were so much relieved by the influence of the inhalations that my patient was enabled to sit up several hours in an arm-chair, without experiencing fatigue or inconvenience; in fourteen weeks from the date of my first seeing him, his health was quite re-established, and he has had no relapse up to the present time.

In this interesting case it will be seen that the chief remedy consisted in the inhalation of *chlorine*, which is an alimentary gaseous body, and was discovered by the illustrious Scheele in 1774, who, perhaps, pointed out more new and valuable substances than any chemist in ancient or modern times. Scheele named it diphlogisticated marine acid: this term, however, is incorrect; but if we substitute hydrogen for phlogiston, as many of our modern chemists have done, the views of the discoverer will be perfectly correct and intelligible; for it is now well known that when hydrogen is abstracted from marine (hydrochloric) acid, chlorine is obtained; and, on the contrary, when hydrogen is combined with chlorine, marine acid is produced. Shortly after the discovery of this gas Sir Humphry Davy instituted an examination of it, and on account of its green colour gave it the name of chlorine (from *χλωρος*), by which it has been known to the present time. Chlorine was not medicinally employed until the year 1804, when it was noticed that workmen employed in bleaching manu-

factories, who were constantly breathing it, enjoyed an almost perfect immunity from disease of the respiratory organs, and also from epidemic fevers, and lived to a great age. It was likewise observed by M. Gannal, an eminent French pharmacien, that, in many instances, persons who had suffered under formidable complaints of the larynx and air passages, who had afterwards been occupied in these manufactories, were quickly and permanently restored to health.

In consequence of these interesting and important facts, M. Gannal was induced to construct an apparatus from which consumptive, asthmatic, and other patients suffering under complaints of the organs of respiration, might inhale the chlorine, in a diluted state. This mode of treatment was attended with the most marked success (curing many virulent diseases when other means had failed), and at length attracted the attention of Dr. Cottureau, the distinguished physician of Paris, who introduced the remedy to the notice of the profession in the year 1824, through the medium of the "*Journal Hebdomadaire*," and in the "*Archiv. gén. de Médecine*."

In these medical journals many cases of tubercular consumption, of the worst and most inveterate form, were proved by this eminent and accomplished physician to have been perfectly cured by chlorine. After adducing many instances of rapid recovery, in cases where the stethoscopic and general observations were indicative of confirmed consumption, Dr. Cottureau remarks, "These examples incontrovertibly deserve to be placed in the first rank of those which have been collected for some years regarding the

efficacy of the inhalation of gaseous chlorine in pulmonary consumption. Indeed the hereditary disposition, the conformation, the nature and succession of the symptoms, all concurred to prove the existence of the disease." In one instance of recovery from extensive pulmonary disease, where the patient died some years afterwards from a totally different complaint (inflammation of the bowels), Dr. Cottureau observes, that upon making a *post mortem* along with Drs. Parmentier and Caignon, the lung which had been diseased was examined, and found to be perfectly healed, and to be composed of a hard, compact, fibrous tissue, of a slate colour, marbled with white and grey, impermeable to air, and not traversed by any subdivision of bronchi. The rest of the lungs was quite free from disease.

This case afforded the most positive evidence of the cure of the pulmonary disease: a cure, the progress of which was traced from day to day, and of which all the perceptible phenomena were noted with the most scrupulous care, and which can no longer be doubted when we find indications of the lesions traced on dissection. "*We thus see,*" Dr. Cottureau adds, "*that consumption has existed, and, after having conducted the patient to the verge of the tomb, has been combated with success.*"

Very many medical men in various parts of France, Germany, and America, have also deposed, in the most positive manner, to the efficacy of chlorine in diseases affecting the lungs, larynx, trachea, and bronchi. And I have no hesitation in adding my own full and confident testimony, that chlorine, used in the method I employ, is capable of removing tuberculous deposits in the incipient

stages of consumption, and of curing the latter or more advanced stages, so long as it is evident that a large portion of the lungs is in a sound state, and that the condensation within the excavations and the tubercles has not become completely impervious. In corroboration of these views, I have in my possession many pathological preparations, which beautifully show the various stages of different diseases of the respiratory organs, and the curative processes induced in them by the local application of this remedy; and are aptly illustrative of those great and important facts which I am desirous of urging upon the attention of my medical brethren and the suffering community.

Chlorine is absorbed and dissolved by water, and when that fluid has been boiled it will take up twice its bulk of the gas at a common temperature and pressure. The aqueous solution has the taste and smell of the gas itself, and is the preparation I usually employ, taking care that the chlorine is extremely pure, of uniform strength, of one and a half volume of chlorine in solution, and carefully preserved from the action of the sun, which quickly decomposes it.

Like all other remedies, chlorine must be employed with due discretion and judgment. When used under practised hands, it is perfectly free from the slightest risk, unpleasant sensation, or inconvenience, and its beneficial effects are generally very quickly experienced. I usually add to inhalations of active remedies a sedative, which greatly assists their beneficial operation, by subduing the irritation of the mucous membrane of the air passages, and lessening that general excitement of the system which usually accom-

panies pulmonary affections. Of this important class of medicines I chiefly rely upon belladonna, conium, lactuca, papaver, digitalis, and hyosciamus. It is essential that the *juices* of these vegetable remedies should be employed for inhalation, the common *tinctures* being highly injurious from the large quantity of alcohol contained in them.

Besides the local applications which were so successfully adopted, it will be remarked that those remedies which were calculated to restore strength and vigour to the system (which had been so lowered by bleedings and abstinence), and to improve the general tone of the constitution, were simultaneously employed.

CASE II.—CONSUMPTION.

A young lady about twenty years of age, of delicate aspect, and lymphatic temperament, consulted me July 4th, 1838, in consequence of a very severe cough, attended with acute pains in the chest, from which she had suffered for several weeks. She had been treated by the usual remedies, but had obtained no further benefit than a mitigation of the symptoms. She was pallid, with occasional hectic flushes; much depressed in spirits; the circulation quick, but very feeble; the cough incessant, and attended with purulent expectoration; appetite indifferent; palpitations; catamenia irregular; bowels costive; nocturnal perspirations; inspirations 32 in a minute; animal heat, 99°; very perceptible dulness on percussion at the right infra-clavicular and mammary regions, and pectoriloquism at the apex of the lung; the left side was very sonorous, with puerile

perspiration, and some fine mucous and sibilant râles: the action of the heart, when quickened, was accompanied by a slight *bruit de soufflet*, which disappeared so soon as that organ became quiet. I directed that the patient should be dry-cupped over the chest; and prescribed an inhalation of iodine and conium, at a temperature of 120°, and the iodine liniment, with a saline aperient mixture, and a soothing pill, composed of acetate of morphia, at bed-time: subsequently, in consequence of her exsanguined appearance, small doses of steel and quinine, with a good, nutritious, but plain diet. Treatment on this principle was continued for ten weeks, during which period an occasional change was made in the tonic remedy, and in the quantity and frequency of the inhalations. The dry-cupping—which was had recourse to three times—materially relieved the thoracic pains; the cough and local morbid action were overcome by the influence of the inhalations; and the general health was materially improved by a perseverance in the tonics. The progress was steady and satisfactory; uterine action became perfectly re-established; and, in eighty days from the commencement of my treatment, all the symptoms were removed, and her usual state of health restored.

According to our experience and observation, no reasonable doubt can be entertained that tubercles in the lungs are scrofulous deposits: the same view is entertained by many high authorities in this country and abroad. We have examined a great number of scrofulous patients, and have rarely met with an instance in which the lungs were not more or less affected with tubercles. Professors Louis, Graves, and others, have noticed that if we trace the phe-

nomena of external scrofulous abscesses, we shall be struck with the close analogy they bear in their manner of appearance, their progress, and terminations, to the ulcerations of the lungs in consumption; the same slowness, the same gradual solidification and gradual softening; the similarity of puriform fluid secreted in each; the analogous occurrences of burrowing ulcers and fistulous openings; the close approximation in the form of their parietes; and the difficulty of healing remarked in both; make the resemblance between them extremely striking. Compare scrofulous inflammation of the hip or knee-joint with consumptive suppuration of the lungs; have we not the same kind of hectic fever, the same flushings and sweats, the same state of the urine, the same diarrhoea, the same state of the appetite, and the same emaciation?

With this conviction of the identity of consumption with scrofula, we were led to apply to tuberculous lungs, by means of inhalation, that remedy, iodine, which had been found to be most efficacious for the cure of scrofulous sores on the surface of the body. The results of this treatment have justified our most sanguine expectations; and we are convinced, from the experience of the cases of many hundreds of patients who have been thus restored, who had been previously considered as incurable, that iodine has the decided power of curing incipient consumption, by exciting an increased action of the pulmonary vessels, and so augmenting the energies of the absorbents as to bring about solution and absorption of tuberculous deposits. Such an influence this remedy is well known to exercise in dispersing external enlarged scrofulous glands;

and as Dr. Cumin truly observes, all that we know of the action of the absorbents in the lungs leads us to believe that they are capable of removing tubercle; and that such an operation, to a certain extent, does really take place, is proved by the changes which that substance undergoes in its progress to the cretaceous transformation. If tuberculous masses of long standing are thus changed, what reason have we to doubt that the soft curdy matter of which they are at first composed, is often absorbed and carried back into the circulation, to be converted into some less noxious constituent, or altogether expelled from the system. I have also frequently known iodine to cicatrize excavations in the lungs, coexisting with tubercles, by which process of contraction the cavities become healed, and are prevented from making further progress or causing inconvenience. Many physicians of high standing in the profession have borne the most ample testimony as to the correctness of these important and consoling statements, and consider, with myself, that, if not a specific in consumption, it appears in many cases, as very nearly approaching to it.

Iodine (from *iodine*, violet-coloured) was discovered by M. Courtois, of Paris, in 1812; and subsequently its combinations and properties were made known by Gay Lussac, Vanquelin, and Humphry Davy. It exists in the water of the ocean, and is chiefly obtained from kelp, which is the residue of the combustion of sea-weed, in the form of steel-gray crystals of a metallic lustre. It is soft, and has a peculiar odour, somewhat resembling that of chlorine, and an acid taste. Its specific gravity is 4.94. It is extremely volatile, rising in vapour at a temperature of 120° or 130°.

The specific gravity of its vapour, compared with that of air, is 8.7.

When iodine is administered by the stomach, it not only reaches the lungs in an uncertain and modified form, but very frequently produces great derangement in the system, causing pain in the eyes, profuse serous discharge from the nostrils, severe frontal headache, and œdematous swelling of the eyelids. All this mischief is chiefly induced by the irritating effects of the iodine upon the digestive organs; and we think it should ever be borne in mind by the judicious practitioner, that in pulmonary and other exhausting diseases, the medicine (more especially in chronic cases, when they are long continued), as well as the food, should be easily digestible; and when they are not, they should never be employed without the greatest caution and circumspection. All these objections are obviated by the *inhalation* of iodine, by which method the lungs are directly acted upon, and the stomach is not in the slightest degree affected, and is left open for the administration of such nourishing food, tonics, and other means, as are calculated to subdue that general constitutional derangement and debility which always more or less attend this disease.

CASE III.—CONSUMPTION.

A gentleman, aged thirty-five, a solicitor, of naturally feeble power and intemperate habits, consulted me, Sept. 2nd, 1839, and stated that he had had, three years previously, an attack of pulmonary inflammation, with cough and spitting of blood, for which venesection, cupping, and mercurials had been prescribed. Since that time a con-

stant irritating cough, attended with expectoration, had continued, which had, within the last month, so much increased as to confine him to his bedroom. A physician of some note had to this date attended him, and pronounced the case a hopeless one.

When I first saw my patient he was pallid; much distressed, with an anxious look; suffered from a constant violent cough; and expectorated about a pint of purulent matter in the course of the day—presenting all the qualities of phthisical sputa: hectic fever prevailed to an extreme degree, and was attended with great emaciation and profuse night perspirations; pulse, 100; inspirations, 28; animal heat, 110°; tongue much furred; diarrhœa; had lost a brother from consumption. Pectoriloquism, cavernous respiration, and a gurgling râle in the right sub-clavicular region and in the axilla, gave conclusive evidence of the existence of ulceration in the superior lobe of the lung of that side; and dulness on percussion at the left side denoted the presence of tubercles in the left lung: the heart beat regularly, and with a natural sound, only with too great frequency. A chalk mixture, with the addition of catechu, was prescribed, and inhalations of chlorine and belladonna at 110° temperature; and subsequently, when the tongue became clean, and the secretions regular, a mixture composed of quinine and infusion of roses, with excess of acid, and a little solution of the acetate of morphine; nutritious and generous diet, with a small quantity of the stimulus he had been accustomed to. He soon experienced the beneficial effects of this mode of treatment; for, in three weeks, the cough and night perspirations had become

much diminished, and the expectoration was slight and free; the excessive purgation had ceased; strength improved; and the symptoms generally so much mitigated, that he was enabled to reach his sitting-room. At the end of eight weeks more, the cough was very slight, and of no inconvenience; the sputum very trifling, and consisting of mucus only; there were no longer night sweats, or indications of fever; and he had gained both flesh and strength, and, by wearing a respirator, could take out-of-door exercise. The patient experienced two or three slight relapses from sudden changes of temperature and derangement of the stomach and bowels; but got perfectly well in the course of fourteen weeks from the commencement of my treatment, during which time the above remedies were steadily persevered in, with some slight modifications.

The gentleman has since paid more attention to his general health, by preserving habits of regularity and temperance; through which he has maintained a proper degree of constitutional power, and has not at the present time the slightest trace of pulmonary disease.

One of the first symptoms, in this case, was spitting of blood (*hæmoptysis*), which is too often the harbinger of much and, if neglected, irreparable evil; hence the absolute importance that the least token of its presence should be promptly and effectually met. The common plan of bleeding, as was here practised, I believe to be, generally speaking, injudicious and dangerous—not, perhaps, in its immediate, but in its ultimate effects. When we find the pulmonary circulation become embarrassed during convalescence from acute disease, whilst all the other functions

have re-acquired their healthy characters. I am convinced that the occurrence of this symptom, is not so much to be attributed to the disease itself, as to the treatment. These repeated bloodlettings not only diminish the mass of blood in circulation, but also alter its constitution; for, as Majendie and other physiologists have observed, aqueous drinks absorbed by the veins, being the sole means wherewith the patient is allowed to replace the blood he has lost, it follows that the fluid loses its proper share of viscosity and coagulability, and acquires, proportionably, a tendency to extravasation. The deteriorated blood which is thus extravasated in the labyrinth-like canals, coagulates, becomes solid, and produces pulmonary disease, similar to that which I have just described.

This case very satisfactorily shows that a cure of consumption may be effected even in the most advanced stages, and that too, under the most unfavourable circumstances, for here the patient's constitution (naturally weak) was much broken down by intemperance. It bears out the assertion of the great Laennec "that the cure of consumption, when the lungs are not completely disorganized, ought not to be looked upon as at all impossible, in reference to either the nature of the disease, or of the organ affected."

CASE IV.—CHRONIC BRONCHITIS.

A married lady, aged forty, of a fair complexion, with narrow chest, and evincing naturally rather feeble power, came from Colchester to consult me, January 9th, 1840. It appeared that the lady had suffered from a chronic cough for the last nine months, and had been under medical treatment

the greater portion of that time ; but as no perceptible diminution took place in the symptoms, she was induced, by the recommendation of a former patient, to put herself under my care. The patient being unable to give me a satisfactory account of her early symptoms, I wrote to her former medical attendant, but his statement was of little or no value, being a mere history of the treatment of the disease, which he pronounced to be chronic phthisis; he also added that he had a few years before attended one of her children who had died from the same complaint.

The patient was much reduced in flesh and strength, and complained of great pain in fetching a deep breath, and a constant irritating cough, attended with difficult expectoration of ropy and glutinous sputum; pulse 90; nights restless; digestive organs much impaired. Under each clavicle there were sibilant and crepitating râles, especially perceptible after making a deep inspiration, a general feebleness of the vesicular murmur, and a degree of dulness under the left clavicle; but there was no decided evidence of tuberculous disease. I prescribed inhalations of iodine and conium at 100°, with a tonic stomachic mixture, and the chest to be dry-cupped. Under this treatment the cough was very quickly relieved, and the expectoration diminished; the respiration became natural, and the pulse fuller and slower; and in three weeks all morbid signs had disappeared from the lungs, and the patient returned to the country convalescent. She remained quite free from bronchial irritation for two years, when she died from scarlet fever. A post-mortem examination was permitted, and no traces of pulmonary disease were discovered.

CASE V.—PALPITATION AND COUGH, DEPENDENT UPON
SPINAL IRRITATION.

A gentleman, aged forty, of rather robust appearance, but of melancholic temperament, consulted me, July 20th, 1839, with the following symptoms:—a constant hacking cough, attended with an expectoration of frothy mucus; difficulty of breathing; palpitations so severe that he was unable to lie upon the left side; looseness of the bowels, with tenderness, upon pressure, over both hypochondria and the epigastrium; rest disturbed by frightful dreams; sickness at stomach, more especially after taking meals. Physical examination, by percussion and the stethoscope, showed that there was no structural disease of the lungs or heart, the only abnormal sound of the latter organ being a peculiar whizzing, or, as it is termed, *bruit de diable*. Being convinced that the above symptoms were of a nervous origin, I instituted a careful examination of the spine, and upon pressing upon the fourth lumbar vertebra, my patient suddenly shrieked with pain, and vomiting almost immediately followed; this, and a subsequent examination fully assured me, that the primary cause of all this derangement was chronic inflammation of the spinal cord.

The treatment consisted in the application of leeches and dry-cupping over the region of the spine, followed up by repeated vesications, small doses of alteratives, and an inhalation of hydrocyanic acid. Absolute rest was enjoined, and the diet to be light and nutritious.

These remedies were adopted for several weeks, with modifications, when the cough, palpitation, and diarrhoea,

and the other unfavourable constitutional and local symptoms were overcome; and by the further aid of country air, gentle exercise, and the use of the shower-bath, my patient perfectly regained his usual strength and health.

CASE VI.—CHRONIC LARYNGITIS.

A female servant, of feeble power, and chlorotic appearance, consulted me in March, 1842. The symptoms were as follows:—constant harassing dry cough; palpitation; great debility; total loss of voice; great tenderness by pressure, over the lower part of the larynx; the catamenia had not appeared for ten months, and, previous to that period, very sparingly; had been subject to the cough for the last fifteen months; and had been under the treatment of three medical men, at different times, without experiencing any permanent benefit. Physical examination did not reveal disease of the lungs or heart. I prescribed leeches to the throat, and, subsequently, preparations of steel, with inhalations of belladonna, and a liniment—composed of the acetum of cantharides, oil of terebinthinum, oil of cajeput, compound soap liniment, and oil of lemons,—to be rubbed in, just above the thyroid cartilage, twice a day. This plan of treatment was unremittingly persevered in for seven weeks, when the cough was entirely cured, and the catamenia fully re-established: her general appearance and state of health were also materially improved. At this period she proceeded with some friends to South Australia; and I have since ascertained that she remained without cough during the voyage, but that, a short time after her arrival at Adelaide, some of the old symptoms returned; but the

attack was of very short continuance, having been overcome by the inhalations—prescriptions for which I had provided her with, in case of any relapse. I have seen many cases of this kind of even longer duration, which have been successfully treated by a steady perseverance in the above mode of treatment.

CASE VII.—CHRONIC BRONCHITIS.

A young gentleman, aged twenty-three, of strumous habit, consulted me, December 1st, 1839; with constant cough, attended with expectoration of thick yellowish matter; impeded respiration; soreness of the fauces and trachea; great emaciation; pulse 87; rheumatic pains in various parts, more particularly the right knee, which was painful upon pressure, and swollen; had been suffering from these symptoms for the last four months, and had been told by his medical attendant—from whose treatment he had obtained no relief—that he was in a consumption. The physical signs were—mucous and sibilant rattles over various parts of the chest, with occasional crepitation; but there were no decided indications of structural disease of the lungs. The treatment consisted of inhalations of iodine and conium, with a mixture of the cold infusion of sarsaparilla, with small doses of the iodide of potassium. By adopting these means, the different symptoms rapidly gave way; and, in six weeks, this patient had not only recovered from the bronchial affection, but also from those chronic rheumatic pains, which had for a lengthened period constantly tormented him.

CASE VIII.—CONSUMPTION.

A young man, a groom, of delicate constitution, who was placed under my care, March 27th, 1835, related that about a year ago, he caught cold, by sitting in a crowded theatre with damp clothes on, which was followed by severe cough, with pains at the chest and head. The medical gentleman who attended the case, bled him to faintness; which treatment it seemed rather aggravated than relieved the symptoms. The lancet was, however, again employed, and the like results ensued; subsequently, he was twice blistered. After this treatment he slowly rallied, but had ever since been constantly troubled with a hacking cough, and he had gradually lost flesh. At the time of his application to me he was so debilitated as to be incapable of undergoing the least bodily exertion: complained of severe palpitations; difficulty of breathing; profuse night perspirations; constant cough, accompanied with an expectoration, in which were discovered, by the aid of the microscope, distinct portions of globular, ragged, tuberculous matter. The countenance was anxious; the cheeks attenuated, and patched with a hectic flush; pulse varying from 100 to 110; total loss of appetite; animal heat 100°; respiration 30. Auscultation and percussion gave a cavernous rhoncus between the fourth rib and the right clavicle, with a metallic ringing, and pectoriloquy; at the left side there was dulness at the apex of the superior lobe; and there was an unusually deep depression under both clavicles, formed by the sinking in of the walls of the chest. The treatment consisted of inhalations, composed of chlorine and belladonna, with occasional dry-

cupping, sustaining diet, and febrifuges; and subsequently, when the tongue became clean, and the feverish symptoms were abated, steel and quinine tonics. By these means the more urgent symptoms were speedily relieved; and, in three months from the commencement of my treatment, natural sounds were the result of stethoscopic examination, and he was sufficiently recovered to undertake a journey to Margate, where he remained for six weeks, and had the advantage of baths at the Sea-Bathing Infirmary. He returned quite well, and re-entered the service of his former master.

This case, while illustrating the remedial virtues of chlorine, also shows the pernicious effects of the abominable system of over depletion. The symptoms which at first characterized this young man's illness evidently denoted it to be influenza, a complaint well known to be unaccompanied by inflammatory action; and hence the use of the lancet was both uncalled for and highly reprehensible. To bleed in influenza, more especially in old and debilitated subjects, is, I firmly believe, in most instances, to kill. The blood is, as Harvey describes it, the "*primum vivens*," and "*ultimum moriens*,"—the life of every part depending upon it. All the phenomena of life tend to prove this. Increase the circulation to the acme compatible with health, and you increase animal power; diminish it, and you diminish animal power; abstract the whole of the blood, and you destroy life.

Recollecting, then, the loss of blood and sensibility produced by the withdrawal of this life-dispensing stream, the practitioner cannot be too cautious in prostrating the system by this dangerous plan of treatment; for by it, as I have

too often witnessed, the most painful nervous irritability is produced, which counteracts the very end in view (more especially in consumption), by relaxing that which was already, most probably, too relaxed, and rendering the constitution more delicate, and more incapable of contending with the trying vicissitudes of this changeable climate, and frequently depriving remedial measures of all their efficacy. Local bleeding, by means of small relays of leeches, may be sometimes employed with great advantage in chronic inflammation; but in cases of extreme debility, from long continued disease, I have seen even that small loss of blood attended with the most disastrous circumstances.

Much of the success which has attended my treatment of consumptive cases is to be attributed to having avoided depletion, debilitating medicines, or any measures calculated to impair the vital principle or power.

CASE IX.—HOOPING COUGH.

A lady requested me to see her male child, aged three years, of delicate appearance, and scrofulous habit, labouring under an unusually severe attack of hooping cough. It appeared that the lady had lost two children from the same disease, and therefore felt unwilling that this child (whom she considered the most delicate of the family, and least capable of bearing up against the complaint) should undergo the treatment which had been so unsuccessfully adopted in the previous cases. He was pallid; the extremities cold; pulse scarcely perceptible; respiration extremely hurried; general languor and debility; the fits of coughing violent, and occurring, upon an average, every ten minutes, and

sometimes followed, after great fighting for breath, by convulsions; expectoration scanty; diarrhoea; sleep restless, being constantly disturbed when he was beginning to slumber by the distressing fits of coughing. I directed that the little sufferer should inhale the vapour of nitrous gas for a quarter of an hour, three times in the day, and take small doses of an antacid mixture. Upon the third day of the employment of these remedies, the paroxysms of coughing were greatly relieved, the breathing became more natural, the rest sound, and the state of the secretions improved. This plan of treatment was steadily pursued, with some slight alterations in the times and quantity of the inhalations, for nine days, when the remedies were discontinued, not a single fit of coughing having occurred for two days previously. The state of the general health was afterwards materially improved by preparations of steel and zinc; and I had the gratification to hear, after a short continuance of these tonics, that he had never looked so well. I have notes of several analogous cases, in which the beneficial effects of nitrous gas have been equally apparent.

The nitrous gas employed in this case is a safe and most manageable remedy, when administered in practised hands. It is easily obtained by pouring sulphuric acid into a small vessel placed in a sand bath, and gradually adding at intervals small quantities of pulverized nitrate of potash; by which method the apartment of the patient is soon filled with the nitrous vapour. When properly managed it quickly relieves the paroxysms of coughing, soothes the irritation of the chest, and produces quiet refreshing sleep.

In asthma and bronchitis it is invaluable in overcoming the difficulty of breathing which accompanies these distressing complaints.

CASE X.—CHLOROSIS (THE GREEN SICKNESS), SIMULATING
DISEASE OF THE HEART, AND CONSUMPTION.

A young lady (a governess), aged twenty-seven, of lymphatic temperament, and exsanguined appearance, sought my advice, August 1st, 1840, complaining of constant harassing dry cough; oppression at the chest, and irregular breathing; distressing palpitations after ascending stairs, or using any exertion; catamenia suppressed for the last thirteen months; leucorrhœa; pulse 90; bowels deranged, with sickness at stomach, and occasional vomiting.

My patient had been under medical treatment for the last eight months, and was considered to be labouring under aneurism of the heart and tuberculous disease; under which supposition she had been bled, cupped, and blistered, and was so emaciated and debilitated, that, to use her own expression, she was “worn down to a skeleton.” My patient declared, with much earnestness of manner, that she well knew her case to be a hopeless one, but trusted some palliative might be prescribed to ameliorate the more painful symptoms.

The sounds elicited by auscultation and percussion clearly demonstrated that the general disturbance of the system, before described, was not dependent on the existence of pulmonary disease, and the only unnatural sound which I could discover in the heart was a transient *bruit de soufflet*,

joined with a slight musical whizzing in the crural and subclavian arteries, neither of which was sufficient to denote disease of that organ. This fact I did not hesitate to communicate to her, which I had hoped would have tended to dissipate the melancholy under which she was continually suffering; but it was received with misgivings, after the decided manner in which her former medical attendant had expressed himself as to the nature and probable result of the complaint, and whom she represented to be a gentleman of great practical experience, and well acquainted with her constitution.

The history and symptoms of this case led me to believe that this derangement of the constitution originated in the uterus not properly performing its functions, and that the palpitation and cough were dependent upon a morbid irritation in that organ. Preparations of steel were prescribed, with an inhalation of hydrocyanic acid, generous diet, the use of the shower-bath, and gentle exercise. This plan was pursued with great advantage until September 4th, when the catamenia were restored. This change accomplished, a marked improvement rapidly took place in her appearance and general health, and in fifty days from the commencement of my treatment she was perfectly cured, and has not, up to the date of these pages going through the press, had any return of illness. The patient frequently expressed, during the above treatment, that she derived great benefit from the inhalations of hydrocyanic acid in allaying the cough and palpitations. We have frequently found this remedy a valuable auxiliary in such cases.

CASE XI.—CONSUMPTION.

A young man, a publican, aged twenty-seven, of naturally good constitution, but much broken down by intemperance, consulted me, November 2nd, 1836. It appeared that he had suffered for the last nine months from cough, shortness of breath, and pains at the chest; and that, having caught a severe cold by exposure to the night air, the cough had, within the last few days, much increased, and caused him suddenly to bring up half a pint of blood. Being alarmed at this new symptom, he sought my advice. Although complaining for so long a period, he had not placed himself under medical treatment, but had resorted to almost all the injurious nostrums with which our newspapers abound. He was now much wasted in flesh; very pallid, with occasional hectic flushes; the countenance anxious, with a peculiar wild expression of the eye; pulse 100; animal heat 103°; breathing short and painful; night perspirations; copious expectoration of purulent matter, streaked with blood; the sound, on percussion, very dull on the upper part of the left side; pectoriloquism at the apex of the right lung, with a cavernous sound, demonstrating the existence of an ulcer; and, from the second rib downwards, a crepitating rhoncus was perceptible. I prescribed inhalations of iodine and belladonna; a vesicating liniment to be applied to the chest; and a mixture composed of gallic acid and Battley's sedative solution of opium. Under this treatment, the difficulty of breathing and cough were much relieved, and the spitting of blood quite removed. A combination of steel with quinine was now administered, in conjunction with the

inhalations; and, at the end of five weeks from the commencement of the treatment, my patient had so much recovered, that he declared himself to be quite well, and was unwilling to undergo further treatment; but the stethoscopic signs did not correspond with his views, and I warned him, that although the cure was progressing, it was not established. Shortly after this he removed from the neighbourhood, and I lost sight of him until August, 1838, when I received a message from him, earnestly requesting to see me, at a distant part of the metropolis. I found him reduced to a mere shadow, in great poverty, and in the last stage of pulmonary disease, and evidently sinking fast. It appeared that, upon his former partial restoration, he had pursued a course of dissipation, which had completely destroyed his already impaired constitution, and he had now been confined to his bed for five weeks. Although I could hold out no possible chance of recovery, I considered it my duty to alleviate as much as possible the severity of the symptoms; and this object (which no degree or severity of disease, except the unequivocal signs of momentary dissolution, can justify the practitioner in relaxing his endeavours to effect) was more fully accomplished by sedative inhalations than by any other palliatives I have ever used myself, or seen employed by other practitioners, in such cases. He died about a week after I saw him; and it was generally observed by his friends, that his sufferings appeared to be most materially lessened by the means adopted. I have notes of several incurable cases (for there are, as a matter of course, periods of disease in which every effort of the remedial art must be equally unavailing and unsuccessful), in which the

powers of inhalation, in mitigating the symptoms, have been most remarkably displayed.

CASE XII.—PALPITATIONS, ARISING FROM DISORDERED
STOMACH AND LIVER.

A young woman, a milliner, of robust form, but nervous temperament, who consulted me, June 14th, 1841, related that she had for several months suffered from palpitations, attended with constriction over the whole chest, and pricking pains at the præcordial region, of so severe a kind, that she was frequently obliged to sit up in bed for several hours in the night time, being unable to bear the horizontal posture. Her face was swollen, and of a deep blueish tint; she complained of a constant singing in the ears; great difficulty of breathing, more especially after walking quickly or lifting any weight; occasional pains over the stomach and liver, and between the blade bones; sickness; urine scanty, and high coloured, depositing a brickdust-coloured sediment; diarrhoea. Stethoscopic examination showed there was evidently no organic disease of the heart or lungs. I regarded the above symptoms as arising from functional derangement of the stomach and liver; and prescribed, at the outset, active aperients, and subsequently stomachic bitters, with antacids, mild alteratives, and inhalations of hydrocyanic acid, with strict injunctions to carefully avoid all indigestible, acescent, or flatulent kinds of food. This mode of treatment was pursued for sixteen days, by which time a regular state of the secretions was induced, and the palpitations and other symptoms were permanently relieved, I lately attended a relative of this patient, and heard that,

since this treatment, she had enjoyed a better state of health than she had ever done before.

I have notes of numerous other cases, which the limits of these pages will not permit me to append—of irritation of the digestive mucous surface and disorder of the biliary apparatus, in which, by their extensive influence on the sympathies of the frame, and immediate connection with the vital organs of the brain, so much functional derangement of the heart has been produced, that had I relied on *general* symptoms only, they would have appeared as dependent on structural disease; but in such instances, by tracing out the *origo et fons* of these pseudo-affections of the circulating organ, they have quickly disappeared by the employment of inhalations acting directly on the nervous sensorial power, and by having the bowels evacuated, and afterwards a healthy action of the capillaries of the mucous surfaces promoted, and followed up by vegetable tonics and strict attention to regimen.

CASE XIII.—BRONCHITIS.

A gentleman, the harbour-master at Whitby, in Yorkshire, came up to town for the purpose of consulting me. He was reduced in strength and appearance, and had suffered for a considerable period from cough, attended with great spasmodic difficulty of breathing, which previous treatment had failed in correcting. A stethoscopic examination revealed chronic inflammation of the mucous membrane of the bronchi. The patient immediately commenced inhalations of conium, balsam of tolu, sulphuric ether, and stramonium, and was sufficiently recovered in ten days to

return home, and he was very shortly afterwards quite cured. About four months subsequent to this I was much gratified by receiving the following note:—"I have the pleasure of introducing to you the bearer, a friend and neighbour of mine, whom I have recommended to consult you. With regard to myself, I have already intimated that I am in good health. I have no cough, nor do I expectorate, and I breathe with the wonted ease of youth. In short, all bronchial irritation has ceased; which I solely attribute, under the blessing of God, to having followed your inhaling treatment."

CASE XIV.—CONSUMPTION.

A married lady, from Worcestershire, aged thirty-six, of delicate appearance and scrofulous habit of body, placed herself under my care, by the advice of a medical friend, from whom she had derived little or no benefit. She was greatly emaciated, and complained of much pain and tightness at the chest, with a distressing cough, accompanied with expectoration of purulent matter, occasionally tinged with blood; animal heat 100°; respiration 30; pulse 120; hectic flush; night perspirations; and stethoscopic signs of a cavity in the superior lung of the left side. The cough and other symptoms supervened after an attack of influenza. The treatment comprised inhalations of bromine (a preparation of iodine), nitro-muriatic lotions to the chest, with the internal exhibition of febrifuges, followed up by the *ol. jecin. aselli*. The lady remained under my treatment for five weeks, and then returned home, both looking and feeling an altered person. She has ever since been quite free from the slightest

symptom of pulmonary disease, and her general health has been good.

CASE XV.—CHRONIC COUGH, SIMULATING CONSUMPTION.

A young gentleman, aged twenty, an University student, of pallid and melancholy countenance, and nervous temperament, consulted me for a dry hacking cough, attended with difficulty of breathing on the slightest exertion, derangement of the stomach, and palpitations of the heart; which symptoms had existed, more or less, for two years. He was much emaciated and depressed; his memory and mental faculties were greatly impaired; and, indeed, he was one of the most pitiable objects I ever beheld. It was believed that he was labouring under pulmonary disease, but the stethoscopic signs did not justify that opinion.

The hidden source of all this disturbance of the health I soon discovered to arise from youthful imprudence—from moral, not natural causes. The cough, and increased action of the heart, were quickly repressed in a most remarkable manner by sedative inhalations, and his general health was perfectly restored by the abandonment of pernicious habits, and the aid of vegetable and mineral tonics, change of air, and horse exercise.

Cases of this painful nature are very frequently presented to my notice, and I have rarely found the above mode of treatment, if properly carried out, fail of restoring the wonted energy of both mind and body.

CASE XVI.—CHRONIC COUGH.

A lady of distinguished title, residing near Southampton,

consulted me respecting her daughter, a young lady about 19, who had suffered for many months from a constant irritation in the throat, attended with cough, and occasional difficulty of breathing. As the young lady was of a naturally delicate constitution, her parent feared (and not without good foundation) that the complaint, if not speedily overcome, might degenerate into consumption. Many eminent provincial and metropolitan physicians had been fruitlessly consulted.

In sixteen days all the above symptoms were cured by inhalations of the juices of lactuca, hyosciamus, belladonna, and sulphuric æther, combined with the application of the acet. cantharid. fort. to the throat, as a counter-irritant. My patient has remained quite well.

CASE XVII.—ULCERATION OF THE TONSILS AND UVULA.

A gentleman applied to me respecting a copper-coloured eruption of the skin, and ulceration of the tonsils and uvula, producing a hoarseness in the voice and difficulty in swallowing, which previous treatment had appeared rather to augment than to relieve. From a minute inquiry into the case, it appeared to me, that the symptoms proceeded more from injudicious long courses of mercury, than the complaint (syphilis) for which they were given. The patient, from being stout, was reduced almost to a skeleton. I prescribed inhalations of iodine, iodide of potassium, and the juice of conium, with small internal doses of the iodide of potassium, combined with nitric acid and sarsaparilla, and generous diet. Under this treatment he quickly rallied,

and by the further assistance of country air quite regained his health. Inhalations of iodine, bromine, &c., have very often proved of the greatest efficacy in affections of the throat proceeding from secondary symptoms, or other causes.

CASE XVIII.—CHRONIC COUGH AFTER INFLUENZA.

A gentleman, residing near Tring, who described himself to be of a spare habit and naturally weak constitution, consulted me, per letter, respecting a chronic cough (the sequela of influenza), attended with viscid expectoration, soreness of the throat, pains at the chest, and impeded respiration, which had then existed, in despite of various ordinary remedies, for six weeks. As the cough was rather on the increase than decline, he feared that consumption might arise; and hence was induced by a former patient of mine to communicate with me. Inhalations, composed of decoct. anthem., with suc. conii. and ipecac., quickly allayed the cough and pectoral suffering, and in about ten days he was quite well.

The pulmonary irritation, as detailed in the foregoing case, is very frequently followed, when neglected, by confirmed consumption—which makes its progress in the most insidious and treacherous manner. Persons suffering from what is termed a “slight cold” are too apt to disregard it, and, in consequence of exposure to alternations of temperature and draughts, “a cough” is the result. This cough, which, at the commencement, is a mere local irritation, after existing some little time, is often accompanied by some of the following symptoms:—occasional tenderness or

tightness over the chest; shortness or quickness of breath on exertion, with a little palpitation or accelerated action of the heart; languor, or indisposition to exertion, with, perhaps, feverishness or flushing of the face, and increased frequency of the pulse; want of refreshing sleep; a feeling of chilliness, more especially of the feet; the hair, particularly in females, falling off; occasional derangement of the stomach and liver; and an imperfect performance of periodical secretions. Either of, or all, these symptoms, *which are too commonly disregarded*, are found associated with those of a consumptive habit; but there are a variety of forms in which the disease may develop itself, respecting which no general rule or description can be laid down. The progress of these symptoms is very uncertain: sometimes they alarmingly increase, and the patient sinks in a few weeks; while in others, it may proceed in its course, for months, or even years.

Should the reader detect in himself, in his wife, his child, relation, or friend, any tendency to pulmonic disease, I hope, that upon being reminded of the fatal consequences of neglect, he will derive to himself a lesson of caution and circumspection, and instantly seek professional assistance. Let him not *wait*, as is, alas! too frequently done, until the disease has usurped a devastating reign in the system, which may resist every effort to control it.

Hundreds, nay, thousands of persons in the enjoyment of the best health at the commencement of the year, fall victims, before the close of it, to bronchial and pulmonary complaints, consequent upon a neglected cold or cough. I do not assert that in every such case submitted to the

influence of inhalations, pulmonary disease will not be developed, but of this I am morally certain, that, in ninety-nine cases out of a hundred, such will be the result.

CASE XIX.—INCIPIENT CONSUMPTION.

A young lady of strumous habit, residing at Rochester, consulted me, by the recommendation of a relative, a former patient, who had been restored from what had been deemed an incurable disease of the heart. She was much reduced in strength, had suffered from a hacking cough for nine months, with shortness of breath, animal heat 101° , constant pain over the left collar bone, and tightness of the chest, pulse 95, furred tongue and loss of appetite, great depression of spirits, and irregularity of female constitution. I prescribed at the outset inhalations of iodine, but the effect being unsatisfactory, I substituted the saturated solution of chlorine, with the juices of belladonna, lactuca, and ipecacuanha, a counter-irritant over the clavicular region, and the administration of gentle aperients, and afterwards, preparations of quinine and steel. Treatment on this principle was pursued for three weeks, when the chest symptoms were overcome, she had increased in weight and strength, and was in a better state of health than she had been for a lengthened period.

CASE XX.—COUGH FOLLOWING MEASLES.

I was requested, in the spring of the year 1839, to visit a young lady, aged fourteen, of delicate appearance, whom I found suffering from a constant and most distressing dry cough, the consequence of an attack of measles; and which had existed for nine weeks. In addition to the cough, my

little patient had experienced, for some days past, great oppression at the chest, with difficulty of breathing, feverishness, and palpitation of the heart. Inhalations of chlorine and lactuca were employed, with a little internal febrifuge medicine, and the cough, pectoral, and other disturbance, quite ceased in seventeen days. At the expiration of that period I recommended her removal into the country, where her general health was completely restored. The parents of the young lady were most anxious as to the result of the treatment, having lost a child from consumption, induced by the same species of cough, which is a frequent source of inflammation of the substance of the lungs, and should on no account be disregarded, more especially when there is the slightest tendency to pulmonary disease.

CASE XXI.—CHRONIC BRONCHITIS.

The wife of a respectable tradesman, aged thirty-five, consulted me. She had been severely suffering for five years from cough, which was now attended with a mucopurulent and fibrinous expectoration, and difficulty of breathing. On listening to the chest there was no pectoriloquy, cavernous rhoncus, or other physical sign indicating tubercular disease, although almost all the general symptoms which usually denote this disease were present; such as prostration of strength, emaciation, hectic flush, and nocturnal perspirations. By the administration of inhalations of iodine, iodide of potash, with sulphuric æther, and the juices of belladonna and conium, she rapidly got better, and remained tolerably well for three months, when, in consequence of taking cold, a slight relapse of the old symptoms occurred;

they were again combated by the like means, and she perfectly recovered from the bronchial affection, and has remained in good health up to the present time. This interesting case was occasionally seen by a talented practitioner (the former attendant of the patient), who, since this occurrence, has taken much interest in my mode of treatment, and has employed it in many cases with the utmost advantage.

CASE XXII.—CHRONIC COUGH.

I was consulted, about eight years ago, by a lady aged seventy, who had been subject to an hereditary cough the greater portion of her life. The lady appeared to be in tolerably good health, and she only complained of great distress and difficulty in dislodging the phlegm, more especially upon first waking in the morning, when she often feared that she should be suffocated. For the purpose of arousing and augmenting the nervous power in the bronchial tubes and lungs, from the loss of which the difficulty of expectorating mainly proceeded, I prescribed inhalations of ammoniacum, ammonia, squill, and balsam of tolu, which completely accomplished the desired object. The lady is still living, and, when troubled with these symptoms (which however rarely happens), she invariably finds immediate relief from the same remedies.

CASE XXIII.—CHRONIC NERVOUS COUGH.

A captain in the navy, residing at Portsmouth, whose constitution, it appeared, was much broken down by a residence in a tropical climate and intemperate habits, con-

sulted me, per letter, for a chronic cough, to which he had been subject since his return to this country, a period of five months. He very minutely described his symptoms, which denoted great nervous debility, and a continued irritation of the mucous membrane of the bronchial tubes, with impeded breathing, and functional derangement of the liver and digestive organs. Sedative applications were locally made by inhalations to the air passages, and with a course of alteratives, with light vegetable tonics, quite cured the cough, and caused the digestive functions to be carried on with greater activity; in short, his general health and strength became better than it had been for very many years.

CASE XXIV.—LOSS OF VOICE.

A clergyman, residing in the country (who had paid much attention to the study of medicine), consulted me, per letter, respecting a friend who had for a long period complained of great irritation in the throat, and a weakness or relaxation of the chordæ vocales (or muscles concerned in the formation of the voice), attended with loss of voice, which rendered him quite incapable of performing his professional duties. The gentleman attributed the complaint to over exertion of the vocal organs. Many remedies had been tried in vain. I prescribed inhalations of myrrh, tolu, ammoniacum, and belladonna, which in seven days quite removed the irritation in the throat, and restored the voice. A slight return of the complaint took place some few months afterwards, but it was quickly overcome by the same remedies; and since that, the gentleman has remained quite well. I have had several cases of

this kind, in which similar remedial means have been equally successful. Camphor, ammonia, assafoetida, and sulphuric æther, are also remedies of great value in these cases—their good effects would seem to arise, not only from the inhalations acting directly on the part implicated, but also from imparting their influence, by a sympathetic action, to the nerves of the throat and bronchial tubes.

CASE XXV.—NERVOUS AFFECTION OF THE LARYNX.

The subject of this distressing complaint was a lady of pale and melancholy aspect, suffering under great nervous irritation, produced by trouble and anxiety of mind. She complained of a choking sensation, and a peculiar “crowing” cough, somewhat similar in sound to the whooping-cough, caused by a spasmodic constriction of the glottis. Inhalations of ammoniacum, galbanum, and stramonium, to act locally on the part affected, and mineral tonics to diminish nervous instability and to improve the general health, with pure air, and the shower bath, quite reinstated the health of my patient.

CASE XXVI.—CHRONIC COUGH.

A lady, aged forty, of nervous temperament, who had, at times, for four years, suffered from cough, dependent upon irritation of the trachea, consulted me, June 27th, 1835. Inhalations of conium were at first prescribed, but without producing much benefit; subsequently belladonna was substituted, and removed the cough, the cessation of which greatly improved the general health. The cough remained quiet for nearly nine months, when it returned,

although in a somewhat modified form; similar inhalations were again resorted to with complete success, and the lady has been quite well since that time.

CASE XXVII.—CHRONIC COUGH.

An elderly man, a traveller, of weak constitution, who had been suffering under, for some years, a spasmodic cough, consulted me in September, 1839. I prescribed an inhalation of æther, ipecacuanha, and belladonna. The patient started a few days afterwards upon a journey, so that I had not an opportunity of watching the effects; but subsequently I received a communication from him, stating that the remedies had given immediate relief, and that by steadily persevering in their employment for six weeks, the cough had been completely and permanently cured.

CASE XXVIII.—CHRONIC COUGH.

A young unmarried lady, of slight figure and delicate constitution, consulted me in December, 1836, for a severe cough, which had baffled medical treatment for ten months. She was greatly debilitated; pulse quick; slight and difficult expectoration; tongue feverish; bowels torpid. Stethoscopic examination gave no indication of pulmonary disease, but, upon pressing the trachea under the thyroid cartilage, my patient flinched, and informed me that all along there had been great tenderness at that part. It was evident to me that the case was one of chronic inflammation of the lining membrane of the trachea. The treatment consisted of the application of leeches and blisters to the throat, with saline aperients; by this means the local tenderness and the fever were very

greatly relieved, and I then prescribed inhalations of chlorine and conium. The administration of the chlorine at first caused some little difficulty of breathing, and increased the cough; but the quantity and frequency of the inhalations being reduced, these unpleasant symptoms soon subsided, and in six weeks she had quite recovered. Simultaneously with the inhalations were given preparations of steel, to improve the general health, and they fully accomplished the object that was intended.

CASE XXIX.—ASTHMA.

Some time since I attended a married lady, about forty years of age, who had been asthmatic for several years. On the occasion of my first visit I found her lips of a deadly hue, the extremities cold, with a clammy perspiration, and she was fighting in extreme agony for breath, as if fearing immediate suffocation; the fit lasted for about twenty minutes, and was finally relieved by a copious expectoration of puriform matter. Her friends informed me that she had been under medical treatment, but the remedies employed neither mitigated the distress nor altered the condition of the disease; and as her general health, which had been previously pretty good, now visibly declined, they became anxious about the result, and were desirous that she should put herself under my treatment. I prescribed inhalations of æther, ipecacuanha, and balsam of tolu, and a very mild alterative medicinal course to improve the different functions, which were irregularly performed. Under this plan the dislodgment of the bronchial secretion was considerably facilitated, the difficulty of breathing removed, and by

steadily pursuing the treatment advised for a short period, she was cured of the complaint, and restored to a good state of health. In many hundred cases of different species of asthma, a similar treatment, modified according to circumstances, has been equally successful.

CASE XXX.—NEURALGIA, OR NERVOUS AFFECTION OF THE HEART.

A young lady, of nervous temperament (the daughter of an officer), who had been subject, for upwards of nine months, to severe palpitation of, and occasional pains at, the heart, with a general oppression over the precordial region—consulted me. Her general health was tolerably good. An examination, by the stethoscope and percussion, denoted, that there was no cardiac disease, and that the complaint arose from mental excitement and irritation of the nerves of the heart. Inhalations of belladonna and lactuca were employed, and the young lady was cured.

The brain and spinal marrow supply, and the nerves convey, the power which regulates the functions, not only of the heart, but of every organ, and tissue, that enters into the composition of the human frame. Seeing this intimate relation between distant parts, it follows that when the nerves are inordinately acted on by emotions of the mind, or other causes, that such irritation will not be limited to their particular localities, but will be distributed throughout the whole system ; thus the excitability of the heart, and consequently the momentum of the circulation, are preternaturally increased, and hence arise *palpitations*, or those tumultuous

beatings of the heart, which every person has at some time or other experienced.

When we reflect upon the vast influence of mental and constitutional causes upon the human economy, we feel justified in thinking that each of these are often operating unseen, undisclosed, and unsuspected ; we should therefore be especially careful to look to these points with as equally an inquisitive eye as we regard the outward forms of disease. We have been frequently consulted by patients labouring under nervous affections of the heart, in which there appeared no tangible or distinctive signs, as explaining the cause of the disease, and in which every measure had been tried having a rational principle for its basis, or that empiricism could hit upon, when a crisis, or some sudden change in the affairs of the patient, which he had long dreaded, or perhaps some long anticipated auspicious event, had arrived ; by which means, the mind being relieved, some unknown modification of the nervous influence has resulted, and an almost instantaneous recovery has taken place, the pursuit of which had long been given up in despair.

The study of the nervous system, and its extraordinary influence on the animal economy, is one of the most important topics to which the attention of the practitioner can be directed ; yet, notwithstanding nervous affections of the heart are so universally prevalent, and so distressing in their character, it is a remarkable fact, that the most celebrated authors who have written specially on complaints of the chest, including Laennec, Hope, Bouillard, Davis, and Andral, have dismissed the subject with a few general observations ; and others, like Corvisart, have not even

alluded to them. It is true that in some constitutions such nervous palpitations are of an unimportant nature, and will, occasionally, voluntarily cease; but in others, such desirable results do not follow : and it is an established fact, that should *functional* derangement of the heart be permitted to exist any lengthened period, *structural* disease of the organ frequently ensues ; and thus an affection of the mere nervous tissue, oftentimes trivial in itself, degenerates into one of a serious, and perhaps fatal, character.

Great tact and experience are frequently requisite in discriminating between functional and structural disease of the heart. As the late distinguished Dr. Bayle has observed, " There are, in truth, few phenomena which puzzle, perplex, and lead into error the inexperienced (and sometimes the experienced) so much as inordinate action of the heart. He sees, or thinks he sees, some terrible cause for this tumult in the central organ of the circulation, and frames his diagnosis and prognosis accordingly. In the pride of his penetration, he renders miserable for a time his friends; and, by his direful countenance, damps the spirits of his patient: but ultimate recovery *not seldom* disappoints his fears, and the physician is mortified at his own success." Numberless cases have been presented to our notice, which, after being pronounced as incurable structural diseases of the heart, have proved to be only *symptomatic* of irritation existing in other, and perhaps remote, regions, and have readily yielded by a proper method of treatment being directed to the *actual* seat of disease.

These errors of diagnosis chiefly arise from the practitioner relying on sensations or functions only, which cannot of themselves (though doubtless they are valuable as auxi-

liaries) guide us to a proper treatment of cardiac disease. It is only from an enlightened recognition of the operation of external agents on vital functions—of the sympathies existing between distant organs—of the relation between causes and effects—of the succession of morbid phenomena, consequent upon primary changes—that a correct diagnosis, and a suitable and successful mode of practice can be founded.

The employment of medicated vapours, in diseases of the heart, is submitted to the notice of the profession, with a full confidence of their superiority over the ordinary practice of giving remedies by deglutition. The *modus operandi* of inhalation we consider to be the immediate application of an air, saturated with the active principles of the remedies employed, to the pulmonary nerves, which being directly communicated from thence to the cardiac plexus, or the union of the eighth pair of nerves and great sympathetic, operates specifically upon the heart and its large vessels. On a future occasion we shall extend our observations on the treatment of this interesting class of diseases.

CASE XXXI.—CHRONIC COUGH.

A request was made that I should visit a lady at Birmingham, which (thanks to the expedition and facility of communication by railways) I was enabled to comply with. My patient, who was aged about thirty, of a lymphatic temperament, and enceinte, complained of a dry hacking cough, which had existed, more or less, for ten months, and was accompanied with loss of voice, tenderness at the throat, and great irritation throughout the whole of the upper part of the

chest. The paroxysms of coughing were particularly distressing, and long continued, at night time; so much so, as to destroy sleep, and to make her fear, as well as her medical attendant, that the incessant coughing and straining might cause a miscarriage. The complaint originated with an attack of influenza. I had an opportunity of seeing the prescriptions which she had followed; and I found that every remedy, used in ordinary practice, had been fully and fairly tried, without producing any permanent, and but little temporary, benefit. In this case it appeared to me, that the tissues of the mucous membrane of the air passages and vessels were preternaturally dry, from their texture having been altered by cold, and that a morbid irritation of the coats of the air tubes had in consequence been produced. My patient was directed to employ inhalations,—composed of balsam of tolu, copaiba, æther, and ipecacuanha. In twelve days the cough was cured, and there appeared a general improvement in all the functions of the system. About a month subsequently, I heard from her intelligent accoucheur that she had been safely confined; and since then, she has retained her natural health.

CASE XXXII.—INCIPIENT CONSUMPTION.

A young lady, aged twenty-two, unmarried, of delicate constitution (residing at Gravesend), was placed under my care, labouring under the following symptoms: distressing cough, attended with a muco-purulent expectoration; difficulty of breathing, with occasional stitching pains over the left collar-bone; pulse low, and intermittent; extreme debility, with loss of flesh; digestive organs out of order; tongue

furred, appetite bad, animal heat at times very high. The cough originated from catching cold, which had been neglected, notwithstanding she had very recently lost a brother from consumption. On examination by the stethoscope, the respiratory murmur, more particularly at the left side, was unhealthy, and the action of the heart was slow and irregular. Inhalations of chlorine, belladonna, and conium were prescribed, combined with mild aperient and tonic medicines. The amendment under this treatment was so rapid, that she was enabled to return to her parents in three weeks. The remedies were continued at my request, for eighteen days, after her return home. At the expiration of that time, I visited her, and found that she was quite free from all signs of pulmonary irritation. I took the opportunity of calling upon the medical gentleman, who had attended her family, and he, most kindly and generously, expressed his admiration of the treatment, which had been so successfully adopted.

CASE XXXIII.—CHRONIC COUGH.

A lady, residing at Manchester, consulted me, per letter, respecting her daughter, who was suffering from a severe cough, attended with much expectoration of thin frothy mucus, for the cure of which, ordinary practice had failed. She had occasionally got better, but the cough sooner or later re-appeared, and became as troublesome as ever. The young lady commenced inhaling chlorine, belladonna, and conium, on March 20th, 1839, and was permanently cured in nineteen days, without any other remedy.

CASE XXXIV.—PALPITATION OF THE HEART.

A young gentleman, a merchant, of pallid and reduced appearance, and of intemperate habits, consulted me in 1838, and stated, that he had for a considerable time experienced a violent aching and pricking of the heart, attended with a feeling of internal agitation, and a difficulty of breathing, especially after walking fast, or meeting the wind. On exploring the chest, no organic disease was discoverable; and the inordinate action of the heart seemed to depend on extreme irritability of the nervous system generally, and more especially of the nerves of the heart. The stomach was much disordered; and I attributed the difficulty of breathing, in some degree, to the effect of flatulence, which, by resisting the descent of the muscles concerned in respiration, impeded the free working of the lungs. Inhalations of hydrocyanic acid, lactuca, and belladonna, were prescribed, in conjunction with internal bitters and antacids, a restorative regimen, and a quiet, regular, and temperate mode of living. He shortly quite recovered.

These affections of the heart are very frequently met with in practice, and especially by those medical men who have devoted their attention more particularly to this class of complaints; nor can the prevalence of them be surprising, when it is remembered how delicate and sensitive is the heart in its texture, considering the office it has to perform, viz., that of constantly overcoming a resistance, and of propelling forward a fluid by a succession of contractions, the average rapidity of which is seventy or eighty times in every minute of our existence. We see that these motions

of the heart may be made either too slow or too fast, and may be influenced (by a reflex sympathy with different parts of the nervous system) and deranged by an infinity of circumstances: among them we may more particularly name,—debility, from intemperate or vicious habits; a premature, or too great exercise of, the mental powers; indigestion; neglected state of the bowels, leading to accumulations of deranged secretions in the *prima via*; a torpid state of the liver, womb, kidneys, and other secreting and assimilating organs; intense cold, or extreme heat of temperature; sedentary occupation; scrofula and rheumatism; also plethora: from some of these morbid impressions, the action of the heart may be accelerated to an extraordinary degree, and from others, depressed almost to cessation. Most of these sympathetic affections, which are, as we have before remarked, often mistaken for structural diseases, quickly yield to judicious treatment.

CASE XXXV.—EFFUSIONS OF FLUID INTO THE
PLEURA AND HEART.

I was requested some years ago, by a medical friend, to visit a patient who had partially recovered from an attack of acute pleurisy. He was a young man, aged about twenty, of plethoric habit, and the attack had been promptly combated by leeching, blistering, and mercurials. Upon recovering from the acute symptoms, a very large quantity of fluid had accumulated at the pleura; and, as it had resisted for three weeks the remedies ordinarily employed, and appeared likely to fatally oppress the vital functions, if not speedily checked or absorbed, my friend was desirous of

consulting with me, upon the case. I suggested a trial of inhalations of iodine, and the application of a liniment of the same, with gentle friction to the chest. Some of the usual diuretic remedies were also internally administered. In a short time a weak respiratory murmur was detected by the stethoscope, which had been previously quite inaudible; and the physical and general signs, in a brief period, denoted a perfect recovery.

I have repeatedly treated, with the best effects, morbid effusions of coagulable lymph and serum into the pleura, and into the cellular membrane and substance of the heart, with inhalations of iodine—the most powerful and valuable absorbent we possess; and I strongly urge upon my professional brethren the importance and efficacy of this mode of practice, which I believe to be founded on sound physiological and pathological principles. In the present instance, iodine, digitalis, and other remedies, had been administered by the stomach (previously to my attending the case), but they produced little or no diminution of the effused fluid, and caused great derangement of the digestive organs.

CASE XXXVI.—HÆMOPTYSIS, OR SPITTING OF BLOOD.

A young gentleman, aged twenty-one, of slight make, and languid vitality, consulted me, and stated that he had been subject to a slight cough and occasional spitting of blood, occurring to the amount of half an ounce to an ounce or more, for the last eighteen months; and as the latter symptoms had of late much increased in quantity and frequency, and had withstood the ordinary remedies, he now placed himself under my care. An examination of the

chest made it apparent to me, that the blood exuded from the mucous surfaces of the membrane of the bronchial tubes, and that the complaint, which had been looked upon as the *avant courier* of consumption, would be speedily cured. I prescribed terebinthinate inhalations, in conjunction with cold bathing of the chest. In ten days, the expectoration was only slightly tinged with blood, and the cough had nearly ceased. In twenty days, he had quite recovered. This case happened in the year 1840, and he has remained in tolerably good health up to the present time, and has been quite free from the preceding symptoms.

Complaints of this kind fall almost daily under my observation; and the result of this simple plan of treatment, by inhalation, has convinced me, that it is the only rational and successful way of bringing about a healthy state of the tissues of these parts, and a more natural condition of their actions, secretions, and circulations. It is, perhaps, necessary to observe, that the above remedies should be used in a fluid of the same temperature as the atmosphere, in which their active medicinal qualities or principles are perfectly soluble and diffusible.

CASE XXXVII.—CHRONIC LARYNGITIS.

A medical gentleman, residing in Suffolk, consulted me for a chronic affection of the larynx, which had existed for upwards of seven years, and had latterly become so severe as to incapacitate him from attending to his practice. He was much reduced in strength and appearance, and, as the usual medicinal means had failed, he now contemplated going to a warmer climate, and relinquishing practice.

Before finally determining upon a step so detrimental to his interests, he was desirous of trying my plan of treatment, by inhalation. After adopting inhalations of iodine and conium, with counter-irritation, for a short time, I had the extreme gratification of hearing that he had derived the greatest possible benefit from them, and that (although not cured) he was so far recovered as to be enabled to undertake, without inconvenience, his professional duties.

CASE XXXVIII.—MUCOUS CATARRH, SIMULATING
CONSUMPTION.

In the spring of 1840, I was requested to visit a young lady, unmarried, aged twenty, who had been suffering from influenza for two months, during the greater portion of which she had been confined to her bed. The medical gentleman, by whom I was called in consultation, considered her to be in the latter stage of pulmonary consumption. I found the patient much emaciated, and constantly tormented with a distressing cough and difficulty of breathing. The expectoration was puriform, extremely fetid, and copious, but not (as the microscope showed) tuberculous. The countenance was anxious and flushed; the secretions morbid; animal heat, 99°; and the circulation very rapid: acute pain upon pressing the lower part of the throat. Upon making a close stethoscopic examination of the chest, a mucous rattle was discernible, attended with a peculiar sort of hissing, or wheezing noise, and the respiration was inaudible over the whole of the chest; but I could discover no cavernous respiration—no pectoriloquy, or any other sound, which

denoted tuberculous disease. I looked upon the case as being mucous catarrh, and communicated this opinion to my friend, who, however, still adhered to his former diagnosis. The plan of treatment consisted in removing the local congestion, by the application of leeches to that part of the throat which was tender upon pressure; in facilitating the expectoration, and allaying irritation in the bronchial tubes, by inhalations of chlorine and conium, and administering such remedies as were calculated to improve the tone of the vessels of the bronchial tubes, and of the system generally. The symptoms proved obstinate, but they eventually yielded, and she quite recovered. As there appeared a *tendency* to consumption, and as the lady had always suffered from the vicissitudes of the weather, I now recommended her a change of climate, and she repaired to Madeira in the following winter. The lady, who returned to this country perfectly well, has since married, and is the mother of a fine healthy child.

CASE XXXIX.—CHRONIC COUGH.

A gentleman, residing at Oxford, aged fifty, consulted me for a cough, of two years' standing, attended with expectoration of tough mucus, and a hoarseness, and a feeling of soreness at the top of the windpipe. In consequence of the failure of the usual remedies, he had requested his medical adviser to try the effect of medicated inhalations; but after a long course of treatment, they proved equally unsuccessful. Notwithstanding this circumstance, my patient still felt assured that it was the only mode of practice from which he could reasonably hope to derive relief, and

in consequence came to town and placed himself under my care. From a careful examination of the chest, there appeared no signs of tuberculous disease, the only unnatural sound being a hard, grating noise accompanying the passage of the air through the larynx; and it seemed to me, that the cough arose from chronic inflammation of the larynx. I prescribed inhalations of chlorine and belladonna, combined with the external application of the acetum cantharides to the throat. In ten days the cough was much quieter, and my patient returned to the country delighted with the prospect of recovery; nor were those hopes disappointed, for, by regularly using the remedies for three weeks, the complaint was completely removed.

In this case, the inhalations which had been previously given were not only the very reverse in their nature and operation of those which I successfully prescribed, but they had also been improperly prepared—the common tinctures having been substituted for the juices—neither had a proper inhaler been used. *This is only one of numerous other instances I could cite, in which the success of inhalation has been thwarted by an improper mode of administration.* The practitioner in question had been frequently known to express his doubts of the value of inhalation; but the successful issue in this case, and in others which subsequently came under his observation, convinced him that his scepticism really proceeded *from want of practice in this plan of treating disease*, in which experience and nice judgment are essentially requisite to secure those happy results which almost invariably arise from its *proper* application.

CASE XL.—INCIPIENT CONSUMPTION.

In the February of 1841, I was consulted by a young lady, aged seventeen, of pallid appearance, with a peculiar sharpness, or wasting, of the features, contracted chest, and scrofulous habit—inherited from her parents, both of whom had died of consumption. She had cough, attended with expectoration; occasional pains under the breast-bone, with difficulty of breathing; and severe palpitation after the least exertion; but no pain or tenderness over the region of the heart. There was fever, but little or no nocturnal perspirations; the pulse 120; the urine and bowels natural—irregular in female constitution. On examining the chest, the following physical signs were elicited: respiration very dull over the superior parts of the chest, anteriorly and posteriorly; and on and below the collar bone on the right side, there was much less resonance on percussion than on the other side. The heart acted in a very rapid and irregular manner; and, with each beating of the pulse, a sound was heard, which appeared to denote that the valves did not properly do their duty, and thereby caused some obstruction in the circulation. The treatment consisted in inhalations of belladonna, iodine, and digitalis; at the same time febrifuges were employed internally, and, when the symptoms permitted, were followed up by tonics, composed of steel and quinine. In twelve days a decided improvement took place, and in a month she had recovered. The young lady shortly afterwards paid a visit to the Isle of Wight, and returned home quite free from any complaint.

Such are a few instances, out of a multitude of others I could narrate, which have impressed upon me the inestimable value of Medicated Inhalations in Complaints of the Respiratory Organs and Heart.

I have not deemed it necessary, on the present occasion, to enter into and discuss the intricacies connected with the subject—my object being that of giving plain, unvarnished facts, rather than conjectures or theories—but I shall avail myself of every leisure moment to complete an extended and exclusively professional treatise (which I have long had in hand), based upon an enlarged personal experience, and assisted by the accumulated evidence of the most eminent members of my profession. The present work is merely intended as the herald of future labours, and is chiefly published with the view of making the unfortunate sufferer acquainted with the only mode of treatment which affords reasonable hope of a cure of his complaint, and for the purpose of offering a few practical hints respecting the application of it. Earnestly do I trust that my humble, but persevering, exertions may lead to a more general adoption of my mode of treatment—the benefits of which are incontestible, familiar to all who have *fairly* employed them, and well recognised by patients themselves—and thus be the means of removing that reproach, now attached to the practitioner, that these diseases, which, generally speaking, are so slow in their progress, and preceding whose advent there are such direct indications, should, in so many cases, claim the character of hopelessness.

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